

FLIGHT JACKET

Vol. 10 No. 23

Marine Corps Air Station Miramar, Calif.

June 13, 2008

Water restrictions on the horizon

LANCE CPL. CHRISTOPHER O'QUIN
Combat Correspondent

State officials began the first steps toward water conservation and possible rationing measures with the declaration of a state-wide drought.

In response, California officials led by Gov. Arnold Schwarzenegger seek to borrow \$11.9 billion for new projects including reservoirs, river restoration and water quality improvement and has called upon Californians to reduce consumption of the state's water supply.

To help curb the shortage of potable water, Marine Corps Air Station Miramar implemented ways to reduce wasting resources through station orders and projects.

GO TO CONSERVE, PAGE 6

Celebrate Stars and Stripes

COMPILED BY
Flight Jacket Staff



Lance Cpl. Austin Goacher

13th Military Appreciation Day brings food, Padres

Jake Peavy, the 2007 Cy Young Award winner, and Cla Meredith, both pitchers with the San Diego Padres, signed autographs during Military Appreciation Day here June 5. Several local vendors, including Wings 'N Things, Soup Plantation, Hertz Rent a Car, El Torito, the San Diego Zoo and more, sponsored the event providing food, beverages and a variety of other items for active-duty service members. Military Appreciation Day was designed to show appreciation for active-duty service members and is held annually on MCAS Miramar. Service members competed for prizes, spinning prize wheels and throwing baseballs in a fastest pitch competition. Marine Corps Community Services helped sponsor and organize the event which took place in the Marine Mart parking lot.

On June 14, 1777, the Second Continental Congress approved the design of the United States flag as the national symbol of freedom, justice and the resolve of our nation. The 13 original colonies were represented in the flag's stars and alternating red and white stripes.

In 1916, President Woodrow

Wilson issued a presidential proclamation establishing national Flag Day June 14. President Harry S. Truman signed the proclamation into law in 1949; the legislation also called upon the president to issue a flag day proclamation every year.

This year, President George W. Bush proclaimed Saturday

Flag Day and the entire week Flag Week, calling on all Americans to proudly display the Stars and Stripes outside their homes, businesses and appropriate places. By pledging allegiance to the flag of the United States of America, Americans show their pride and appreciation for all those who have fought for

Look Ma - No hands!

New cell phone law July 1

CPL. BRANDON L. ROACH
Combat Correspondent

Drivers in California may have to shell out extra cash in order to squeeze in that extra phone conversation while driving to and from work.

Starting July 1, a new cellular phone driving law will be put in effect.

The new law, California Vehicle Code 23123, states drivers over the age of 18 may only operate a cellular phone while driving if using a hands-free device. However, no one under the age of 18 will be allowed to operate a cellular phone or mobile device while driving regardless of whether or not they are using a hands-free device.

According to Tom Marshall, a public information spokesperson for California Highway Patrol

GO TO HANDS FREE, PAGE 4

the country.

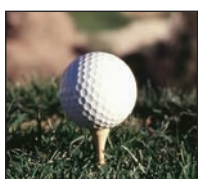
On Flag Day, Americans remember the rich heritage and history of one of the oldest and most revered symbols in the nation.

More information on the history and symbolism of the American flag can be found on www.usa.gov.

MCAS Web site

Want to know all the buzz? Then check out the Flight Jacket online.

www.miramar.usmc.mil



MARINES GOLF FOR CHARITY

Marines help organize and participate in golf outing supporting children of fallen warriors. For full story, see page 11.



EXPERT SHOOTER EARNS AWARD

Marine perfects marksmanship, shoots with pistol team. For full story, see page 17.

REACH US


EDITORIAL
858-577-6000
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Notary services available on station

Have you ever needed the services of a military notary or notary public? If you've looked outside the gates of MCAS Miramar for notarial services, it may have cost you ten dollars or more for each notarization. This expense is unnecessary if you are an active-duty service member, family member or military retiree. You are entitled to free notarial services from the legal assistance office here. So far this calendar year, our office performed over 2,600 free notarizations and with more than half the year remaining, this number is expected to double.

SUBMITTED BY:
Joint Law Center

At our office, either a California notary or an authorized military notary will perform your notarial services. In California, a notary public is commissioned by the Secretary of State.

With regard to military notaries, specific military personnel are authorized to act as notaries pursuant to the provisions of Section 1044(a) of Title 10 of the United States Code and Section 1183.5 of the California Civil Code.

- In order to qualify to become a California notary public you must:
- be a resident of the State of California
 - be at least 18 years of age
 - be able to read, write, and understand English
 - pass a written examination prescribed by the Secretary of State
 - pass a background check.

There are two types of notarial services that California notary publics provide via the acknowledgement and jurat forms. The form most frequently completed by the notary public is the acknowledgement.

Some examples where acknowl-

edgements are used are powers of attorney and marital settlement agreements.

The second form most frequently completed by a California notary public is the jurat. The jurat is identified by the wording "subscribed and sworn to" immediately above the place where the notary public signs his/her name.

Some examples where jurats are used are sworn statements for depositions and affidavits.

- In the jurat, the notary public certifies:
- that the signer personally appeared before the notary public on the date indicated and in the county indicated
 - that the signer signed the document in the presence of the notary public
 - that the notary public administered the oath.

Military notaries are likewise able to provide certifications similar to the above and to execute acknowledgments, sworn instruments and certify true copies. Recommended forms for military notaries are found in the appendix to Chapter 9 of the Manual of the Judge Advocate General.

While a notary can notarize various documents with a proper form, there are certain situations where a

notary cannot assist you.

You may find at times that you will need certified copies of documents such as birth, marriage or death certificates. Only a custodian of these records can certify that a copy of a birth, marriage, or death certificate (or any other record that is created or maintained elsewhere) is a true and authentic reproduction of an original.

In the acknowledgement, the notary public certifies:

- the signer personally appeared before the notary public on the date indicated in the county indicated
- the identity of the signer
- the signer acknowledged executing the document.

You may request certified copies of these documents through the issuing agency. Likewise, certificates of naturalization cannot be reproduced unless used by lawful authority such as the Department of Homeland Security for employment purposes.

Also, California notaries may only certify copies of original powers of attorney or line items from the notary's journal. If the power of attorney was not created by our legal assistance office, the notary will not certify that document as a

true and accurate copy.

Our California notary public also notarizes real estate documents. On average, these documents take up to an hour to complete.

Therefore, the legal assistance office only notarizes real estate documents on an appointment basis. Each document has to be logged into the notary journal and each signer has to sign the journal and place his/her thumbprint in the journal.

As of 1 January 2008, a California notary must obtain journal thumbprints for all powers of attorney in addition to the established requirement for journal thumbprints for all deeds, quit-claim deeds and deeds of trust affecting real property. A journal thumbprint is not required for deeds resulting from foreclosure and deeds of reconveyance.

Notary services are provided from Monday through Friday, 0730 to 1630 at our office (Building 6250). Please call 858-577-1656 for additional assistance and information.

The Good Legal Gouge column appears recurrently and is prepared by the staff of the Joint Law Center. It provides basic legal information for military members dependents and retirees. Specific legal questions should be referred to the JLC. Call 577-6260 for command legal issues and 577-1656 for individual legal assistance help.



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Religious Services

The Chaplain's Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain's Office at 858-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant Worship Service
9:30 a.m. Protestant Children's Worship
11 a.m. Roman Catholic Eucharist

Religious Education/Sunday:

9:30 – 10:45 a.m. Catholic CCD Children K-12
10 a.m. Protestant Adult Bible Study
Wednesday 6 – 7 p.m. Baptist Service

Weekday Worship Service:

Monday – Friday 11:30 a.m. Catholic Mass
Monday 6:30 p.m. Contemporary Praise and Worship Service
Wednesday 7 p.m. Baptist Service

Islamic Worship Service:

Islamic Center of San Diego 858-278-5240
www.icsd.org

Jewish:

Jewish Outreach at 858-571-3444
www.jewishinsandiego.org

Are you creative?
Do you draw?
Would you like to
submit a humorous
cartoon for the Flight
Jacket?

Please contact Lance Cpl.
Austin Goacher at ext. 4337



Sgt. Lukas Atwell

AL ANBAR PROVINCE, Iraq – Oras Kasar Shokre, a local contractor hired to renovate a local schoolhouse, shows Maj. Michael Mori, a staff judge advocate and project purchasing officer for 3rd MAW (Fwd.), one of the school's new blackboards. Though the project is not complete, the villagers are already using the school's resources to teach arithmetic to the children.

3rd MAW prepares for Iraqi school restoration

SGT. LUKAS ATWELL

Combat Correspondent 3rd MAW Fwd.

AL ANBAR PROVINCE, Iraq – Marines from 3rd Marine Aircraft Wing (Forward) recently assisted in the reconstruction of a local school.

The project benefits the community and their children by providing essential electrical power, school supplies and a clean drinking water supply.

“Regimental Combat Team 2 identified the need for improvements in the area nearly a year ago,” said Maj. Kevin Bright, the operations officer of Marine Wing

Support Group 37. “The resources were not available at the time, but now that we have them; we are making good on our promise to help this community.”

The funds were provided by the commander’s emergency response program, which allows urgent humanitarian relief and reconstruction assistance to make a positive impact in the area. The construction marks the first significant use of CERP funds by 3rd MAW (Fwd.) and is part of a continuing effort to restore normalcy to the area, Bright said.

GO TO RESTORATION, PAGE 7

HANDS FREE, CONTINUED FROM PAGE 1

headquarters, officers will be on the lookout for drivers not using a hands-free device, dialing or answering their phones.

People violating the new law will face a state legislature-mandated \$20 fine for their first offense and \$50 fine for each subsequent offense.

According to Susan Gust, the assistant chief of extraditions, San Diego County District Attorneys’ Office, violations of the new law will not count as moving violations or impact the points system of a driver’s license. Violators will be fined for each subsequent charge unless otherwise directed by the San Diego County Courts.

Currently, the Marine Corps does not allow cell phone use while operating motor vehicles aboard any Marine Corps installation without the use of a hands-free device.

Rather than paying a fine, personnel can invest in hands-free devices which are available for most new models of phones and can be found at wireless stores throughout San Diego.

Users can also contact their wireless service provider to get the best match for their type of phone.

For more information on the new law, visit www.dmv.ca.gov and for more information on traffic laws aboard MCAS Miramar contact the provost marshal’s office at 858-577-4068.

MWHS-3 Marines train in the HEAT



Lance Cpl. Fredrick J. Coleman

MARINE CORPS BASE CAMP PENDLETON, Calif. – Master Sgt. Duwayne Darby, the avionics chief for Marine Aviation Logistics Squadron 11, Marine Aircraft Group 11 (Rein.), 3rd Marine Aircraft Wing, simulates posting security as another Marine evacuates a simulated rolled-over humvee during a Humvee Egress Assistance Trainer evolution here, June 5. The training familiarizes Marines on the proper way to evacuate a rolled-over humvee. During the training Marines had to work together to remove a simulated fatality and post 360-degree security while the simulator was rolled over onto its roof. The Marines also had to evacuate the simulator while it was turned on its side. Between 2005 and 2006, 249 service members were injured in rollover accidents, with 90 fatalities. “The simulation is definitely a good training tool for Marines who aren’t familiar with the vehicle or what to do in the event of a rollover,” said Sgt. Terrill Hickerson, a training NCO for Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing.

CONSERVE, CONTINUED FROM PAGE 1

Contractors recently began the third phase of the “Purple Pipes” project, which replaces potable water used for irrigation, with reclaimed water.

“Water will become the hottest item and will cost more for the station than natural gas,” said Randy Monohan, the public works energy manager here. “That is why we are continuing to move toward reclaimed water so we won’t have to use potable water for things like irrigation.”

When construction crews complete the golf clubhouse and staff noncommissioned officer’s club, the facilities will house several environmentally friendly features.

The facilities will use reclaimed water for the toilet and sprinkler systems. In addition to reclaimed water, the facilities will use energy efficient appliances and light bulbs.

The water has to travel over a lot of terrain to reach San Diego. A majority of the water MCAS Miramar personnel use comes from the Colorado River. Toilets and sinks left running add unnecessary fees to the station’s water bill, according to

Monohan.

Those aboard MCAS Miramar can help conserve water each day.

“We’ve been doing well at saving resources, but summer means higher demand,” said Monohan. “In the near future we could see restrictions coming down from the state level which would decrease our monthly water allowance.”

When people simply turn the lights off before they leave the room or turn the faucet off when brushing their teeth, they can help the station reduce spending costs by five to 10 percent, explained Monohan.

Station Order 11300.2a mandates all air station personnel to conserve water and energy by following a list of guidelines.

Some of the examples given by the order include turning off machines when not in use, reporting leaky pipes and using energy efficient appliances.

“Use what you need, conserve the rest,” said Monohan. “If people can save energy we can use the money left over to benefit the station.”

For more information on water conservation, visit the Web site www.sandiego.gov/water/consevation.

MWSS-473 gets new sergeant major

COMPILED BY
Flight Jacket Staff

Sgt. Maj. Duane Witt, relinquished responsibilities as the senior enlisted advisor of Marine Wing Support Squadron 473, Marine Wing Support Group 47, 4th Marine Aircraft Wing, to Sgt. Maj. Timothy J. Kevany during a post and relief ceremony here Sunday.

Kevany, a Torrance, Calif., native, graduated from recruit training in 1985. Upon graduation, he was sent to Expeditionary Airfield Services School in Lakehurst, N.J.

In 1991, Kevany was mobilized with 3rd Air Naval Gunfire Liaison Company. Kevany was deployed in

2003 in support of Operation Iraqi Freedom.

His personal awards include a Navy Commendation Medal with two gold stars in lieu of second and third award, a Combat Action Ribbon, an Armed Forces Reserve Medal with Bronze Hour Glass to indicate 10 years of service, "M" device to indicate mobilization and numeral "3"



Sgt. Maj. Duane Witt

to indicate three mobilizations.

Upon graduation of recruit training, Witt was sent to Combat Engineer School at Marine Corps Base Camp Lejeune, N.C. After graduating, he was assigned to

Alpha Company, 2nd Combat Engineer Battalion, 2nd Marine Division.

In 1988, Witt reenlisted as a reservist with 4th Service Support Group.



Sgt. Maj. Timothy J. Kevany

In 2004 he led MWSS-473 on a deployment with 2nd Marine Expeditionary Force in support of Operation Iraqi Freedom.

Witt's personal awards include a Navy Achievement Medal, an Armed Forces Reserve medal with Bronze Hour Glass, "M" device and numeral "3."

Witt will move on to serve as the sergeant major of the 23rd Marine Regiment in San Bruno, Calif.

RESTORATION, CONTINUED FROM PAGE 4

The CERP funds provides the budget for the contractor and materials needed to hire local workers to begin improving their school, according to Bright.

Once the project began, command representatives supervised the progress throughout the month-long reconstruction effort.

"As the project purchasing officer, I visit the sites to make sure that progress is being made on time with the right materials," explained Maj. Michael Mori. "As deadlines for the project were met, it was my job to make the appropriate payments to the contractor for the next stage of restorations."

The logistics behind the project took a coordinated effort between Marine Wing Support Group 37 and Marine Wing Support Squadrons 172 and 274,

said Sgt. Amanda Sagebiel, the assistant coordinator for the project.

"I'm pleased to see the improvements made at the school," said Warrant Officer Emile Peterson, a security forces platoon commander for MWSS-274. "The renovations gave the villagers hope and my Marines were proud to be a part of the project. They saw the positive effect that we are having in the region."

The schoolhouse has potential to be more than just a place for education, according to Bright. The school will also bring the community together. A room in that school may become a town hall and another may become the village clinic.

"I look forward to working on more projects like this," added Sagebiel, a Houston native. "I think this is a step in the right direction toward restoring peace in the area."

Col. George Zamka

- Comissioned as a second lieutenant after graduating from the United States Naval Academy May 1984 with a Bachelor's degree in Mathematics.
- Trained as an F/A-18 pilot and was assigned to VMFA(AW)-121 in 1990.
- Graduated from the United States Air Force Test Pilot School in December 1994.
- Assigned as an F/A-18 test pilot and F-18 operations officer for the Naval Strike Aircraft Test Squadron, Naval Air Station Patuxent River, Md.
- Earned his Masters of Science degree in Engineering Management from the Florida Institute of Technology in 1997.
- Selected by NASA as a pilot in June 1998 and reported for astronaut candidate training in August 1998.
- Served as lead for the shuttle training and procedures division and as supervisor for the astronaut candidate class of 2004.
- Completed his first space flight as pilot on STS-120 Discovery traveling 6.2 million miles in 15 days, 2 hours and 23 minutes to complete an unplanned reconstruction space walk.

VMFA(T)-101 recieves visit from astronaut



Lance Cpl. Fredrick J. Coleman

Marine Col. George Zamka, (right) the pilot for space shuttle mission STS-120 Discovery from Oct. 23, 2007 to Nov. 23, 2007, gives a Marine All-Weather Fighter Attack Squadron 121 patch to Maj. Jay Ingwell, an instructor with Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11 (Rein.), 3rd Marine Aircraft Wing. Ingwell ripped the patch off his flight suit and gave it to Zamka ten years earlier when Zamka was accepted as a NASA pilot. Ingwell, who served alongside Zamka with VMFA(AW)-121, asked him to fly the patch in outer space. Zamka returned the patch to Ingwell after his space mission, during a visit to VMFA(T)-101.



Lance Cpl. Fredrick J. Coleman

Sean Fick, a firefighter with MCAS Miramar's fire department uses a drip-torch with a diesel and gasoline mixture to set dry vegetation ablaze at East Miramar during prescribed burns Friday. The firefighters, along with members of the United States Forest Service, burned approximately 10 acres to help prevent fires from escaping the hilltops.

Prescribed burns reduce fire potential at East Miramar

LANCE CPL. FREDRICK J. COLEMAN
Combat Correspondent

Firefighters from Marine Corps Air Station Miramar and the U.S. Forest Service conducted controlled burns near the explosive ordnance disposal site at East Miramar Friday.

The firefighters burned more than 10 acres of vegetation in an effort to prevent fires that start in the area from escaping past the hilltops, according to Ken Ishmael, fire captain for MCAS Miramar Station 62.

"We conduct the burns around the same time every year because that is when the vegetation begins to dry," said Ishmael.

Before the firefighters began their burns, they brief thoroughly on what is going to happen, the safety controls, and other topics such as temperature.

Wind speed and direction are requested from the National

Weather Service.

"The spot weather forecasts we receive tell us exactly what the weather is going to be like during the time we are going to burn. It tells us when the wind is going to be gusty to help us better conduct the burn. When the winds are too strong, we don't burn anything," said Ishmael.

Before the burns, the department notifies agencies such as San Diego Fire, Fire Safe Council, and the San Diego Air Pollution Control Board approximately 72 hours before the event. The department, working with the Miramar Consolidated Public Affairs Office, also sends press releases out to the communities about the burns.

"We inform the surrounding community about burns to avoid any confusion or panic during the burns," said Ishmael.

The MCAS Miramar Fire Department is scheduled to conduct more burns throughout June.

Battling six-legged coworkers

With the ideal temperature for cockroaches being 85°, Southern California is a prime breeding ground for infestation. Be sure to take precautions to avoid being overrun by these pests.

- Keep food in tightly sealed containers.
- Never leave dirty dishes out overnight.
- Clean up food and beverage spills immediately.
- Use fans to create an air flow that causes an unfavorable environment for the insects.

For more information, call pest control at 858-577-1609.



Lamar O'Quinn



Lance Cpl. Melissa Tugwell

SAN DIEGO – Sgt. Jeremy Putansu, the assistant manager at the Marine Mart here, tees off on hole number one during the Inaugural GuideOn Charity Golf Tournament at the Admiral Baker Golf Course June 9. The tournament helped raise money for children of fallen warriors who died while deployed in support of the War on Terrorism.

Marines help organize charity golf tournament

LANCE CPL. AUSTIN GOACHER
Combat Correspondent

SAN DIEGO – Marines aboard Marine Corps Air Station Miramar worked together with GuideOn, a local charity group, to plan and help run the Inaugural GuideOn Charity Golf Tournament at the Admiral Baker Golf Course June 9.

Along with the Marines who helped organize the event, several members of the Single Marine Program and other Marines from the air station volunteered to help with the event.

Money raised at the event will be used to fund GuideOn events for children who have lost a parent during the War on Terrorism.

“We’d only been planning this event for five weeks,” said Sgt. John Anderson, a MCAS Miramar Marine who helped plan the event. “We chose to hold a golf tournament because golf is a social sport that helps bring people together.”

James D. Clark founded the group after a friend of his was killed in Iraq. Clark wondered who

would serve as an adult role model for the fallen warrior’s children, according to the GuideOn Web site.

Members of the group spend time with the children of service members who were killed in combat, explained Anderson.

On a recent kayaking trip, Anderson saw first hand the impact losing their parents had on children.

“We were out on the water and one of the kids looked up at me and said ‘My daddy is over the horizon, but he’s never coming back,’” said Anderson. “It was a really touching moment, to realize that he knew his dad wasn’t coming back. Kids are innocent victims in this war and even though they know their parent isn’t coming home, they might not realize why.”

The group plans to use the money it raised during the tournament to create more opportunities and events for the children.

Currently, the group runs summer camps in San Diego and Montana and plans to expand the programs with the additional

funds.

Two teams tied for first place with a 13 under par performance. Two teams tied for second with a 12 under par finish. For more information on GuideOn, visit www.GuideOn.org.

Tied for 1st with -13

- Mike Markie
Keith Anderson
Mitch Anderson

- John Lynn
Larry Williams
Tom Bowker
John Flemming

Tied for 2st with -12

- Ron Barnes
Joe Salvati
Robert Barnes

- Tom Debose
Erik Freeman
David Lawrence
Kyle Chevria



National Weather Service www.noaa.gov

Rip currents are the most threatening natural hazard along the coast. They pull victims away from the beach. The United States Lifesaving Association has found that 90% of the rescues affected by ocean lifeguards involve saving those caught in rip currents. Avoid swimming where rip currents are present, but if you become caught in a one, swim parallel to the shore until the pull stops and then swim back to shore. If you are unable to return to the beach, tread water and wave for lifeguard assistance.



A rip current is a seaward moving current that circulates water back to sea after it is pushed ashore by waves. It flows through a narrow channel in the sand, usually the deepest point along the ocean floor. Rip currents often look like muddy rivers flowing out to sea. They can be dangerous, pulling swimmers out to sea. Rip currents often look like muddy rivers flowing out to sea. They can be dangerous, pulling swimmers out to sea.

Beach safety tips he

LANCE CPL. CHRISTOPHER O'QUIN
Combat Correspondant

Each year San Diego County lifeguards rescue the lives of approximately 10,000 swimmers.

With summer underway, approximately 22 million people flock to the shorelines of San Diego. When people follow the rules of the beach, they can avoid hazards and help keep themselves and others safe.

Some beach dangers include rip currents, marine life, boating accidents and other hazards that exist with swimming.

"Swim where there's a lifeguard and never swim alone," said Quentin Norman, a 20-year lifeguard with various lifeguard agencies throughout San Diego. "Trouble will find you and we are there to get you out of it. If something doesn't look right come get us or call 911. The universal signal for help is raising your hand."

San Diego city lifeguards stand duty 24 hours a day, seven days a week, available to aid beachgoers.

A rip current, one of the deadliest factors to consider when ocean swimming, is created when water circulates out to sea, explained Norman. Long narrow troughs in the ocean bottom channel water out to sea.

The channeled water creates a suction effect with a current

so strong it can carry advanced swimmers out to sea.

Some distinguishing characteristics of rip currents are a narrow stretch of white-choppy water moving out to sea. Rip currents are also noticeable as a narrow channel of water passing waves.

"Out of the 10,000 people we rescue each year, about 1,000 of those are caused by rip currents," said Norman. "If you're caught in a rip current, don't try and swim against it. You'll just tire yourself out, instead swim to the side and wave for help. A good lifeguard will be able to cue minutes before the person knows they're in trouble."

In addition to rip currents, San Diego has a multitude of aquatic animals.

The two types of animals which are most dangerous for beachgoers are jellyfish and stingrays. Their stings aren't usually fatal, however they can cause severe pain to people who come in contact with them.

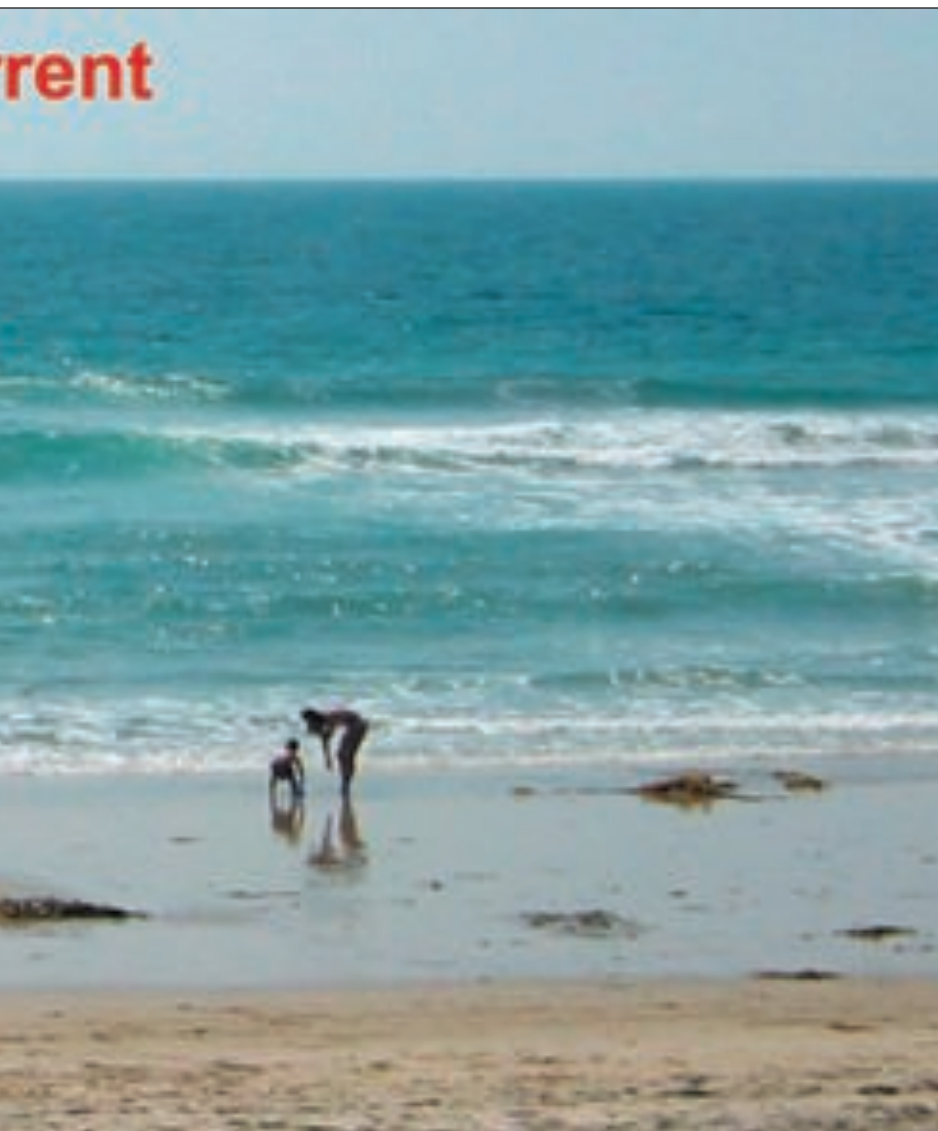
Drifting aimlessly through the water, jellyfish can cause severe pain to people who come in contact with them. Jellyfish that wash up onshore can be found on the beach.

Jellyfish common to San Diego include the purple striped jellyfish, fried egg jellyfish, and the black sea nettle jellyfish.

"Pouring rubbing alcohol on the sting can help relieve the pain."



Jelly fish are a common sight in the waters of San Diego. While their attacks aren't usually fatal, they can cause severe pain. Jellyfish that wash up onshore can still sting people who walk on them. San Diego is known for different types of jelly fish including the purple striped jellyfish, fried egg jellyfish and in rare occasion the black sea nettle jellyfish.



...es. Each wave accumulates water on shore creating seaward pressure. This pressure is released in currents also exist in areas where the strength of the waves are weakened by objects such as rock lying away from shore.

help protect families

...mmers out to sea.
...tics of rip currents include
...water that extends out to
...e by the break it causes to

...rescue each year, 90 percent
... said Norman. "To get out
...back to shore, you'll only
...e side of the current and
...eguard will begin their res-
...ws they are in danger."
...Diego beaches also support

...a cause the most problems
...ngrays, explained Norman.
...ever can be quite painful.
...urf, jellyfish can cause
...contact with them.
...still sting people who walk

...beaches include the pur-
...ish and in rare occasion
...e affected area can help

treat jellyfish stings," said Norman.

Stingrays dwell on sandy ocean floors and when stepped on, whip the victim with a barb inside its tail, releasing venom.

"If you are stung you can douse the wound in hot water provided at one the lifeguard towers," said Norman.

Things people can do to reduce accidents and risks include obeying posted signs and swimming and surfing in designated areas.

The city of San Diego passed legislation in the past year banning alcoholic beverages from city beaches.

While swimmers can take steps to avoid danger, beach safety applies to boaters.

Anyone caught boating while intoxicated will pay a hefty fee for a first time boating under the influence or BUI, explained Norman. This rule applies to Jet Ski's, sail and speed boats. The same rules on the road apply on the water.

For more information about proper beach safety and a list of rules for beachgoers, visit the Web site, www.a-zsandiegobeaches.com/beachsafety.htm.

When people listen to instructions and follow the rules of the beach, they can reduce their chances of injury, avoid beach hazards and enjoy the coastlines San Diego has to offer.

Beach Safety Tips

- Swim near a lifeguard
- Never swim alone
- Supervise children closely, even when lifeguards are present
 - Don't rely on flotation devices, such as rafts, you may lose them in the water
 - If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Alcohol is prohibited on all city beaches
- Protect your head, neck, and spine -- don't dive into unfamiliar waters -- jump feet first, first time
- If you are in trouble, call or wave for help
- No glass containers at the beach -- broken glass and bare feet don't mix
 - No beach fires except in designated areas -- fire residue and superheated sand can severely burn bare feet -- use a barbeque that is elevated off the sand
- Report hazardous conditions to lifeguards or other beach management personnel
- Stay clear of coastal bluffs, they can collapse and cause injury
- Never turn your back to the ocean -- you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning.



Swimming near lifeguard towers helps ensure safety. Beachgoers should call ahead to find out if the beach they are visiting has a lifeguard on duty. Towers, such as the Cardiff State Beach lifeguard tower shown here, are placed throughout beaches in the San Diego area.

Goin' to the chapel

Air station welcomes new chaplain

LANCE CPL. AUSTIN GOACHER
Combat Correspondent

Marine Corps Air Station Miramar welcomed Navy Cmdr. Sheri Snively as the interim station chaplain June 2.

Snively, a chaplain with the Navy reserve, became a chaplain in 1996, and has served with a variety of units.

A native of the San Diego area, Snively deployed in support of Operation Iraqi Freedom in December 2006. While in Iraq, she served as the chaplain for the trauma

hospital in Al Taqaddum.

During her deployment, she earned her grey belt in the Marine Corps Martial Arts Program and her Fleet Marine Forces pin.

"My time in Iraq may have been short," said Snively, who spent 90 days deployed, "but I wouldn't trade it for the world. It was awful because we had

casualties everyday and nothing can prepare you for that, but there's nowhere I'd rather be than helping the Marines."

She was activated for a five-month joint task force known as Operation Alaskan Road during the summer of 2007.

As the interim chaplain, she expects to meet with families to help prepare them for the spiritual needs of the Navy and Marine Corps.

"One key to keeping a family spiritually fit is to provide stability," said Snively. "The military isn't an easy environment to live in."

Snively, who volunteered to be activated and serve here, plans to make herself available more than just Sunday mornings.

"I'm a spiritual resource," said Snively. "I see myself as a spiritual care provider,

not just a religious leader. I'm here to take care of the mind, body and spirit."

Outside of the military, she works as a volunteer chaplain with a group of former World War II enlisted pilots.

For more information about the chaplain's office or to contact a chaplain, call 858-577-1333.



Lance Cpl. Fredrick Coleman

Navy Cmdr. Sheri Snively, the station chaplain, recently arrived here. Snively will serve as the interim chaplain until December.

Did you know Brad Garrett stars in Fox's sitcom 'Til Death'? Check out his 18 and older comedy show at the Bob Hope Theater Wednesday June 18.

Dads: Enjoy your day at MCX

STEPHANIE GOLUBSKI

Flight Jacket Staff

Sunday is Father's Day, a time to celebrate dads and all they do both in the military and at home.

Marine Corps Air Station Miramar and Marine Corps Community Services celebrate Father's Day Saturday from 10 a.m. to 4 p.m. in the promenade of the Main Exchange.

Prizes and giveaways include two field-level Padres tickets, a one-night stay at the Miramar

Inn, action gear like a surfboard and a skateboard, and other items including a 42" Sharp LCD TV and electric guitar.

There will be a professional skateboarding demonstration starting at 10:45 a.m. followed by Adam's Attic, a pop/rock band from New Orleans, currently residing in Los Angeles.

The Metro Dancers will perform from 2 to 3 p.m. along with an acoustic guitar performance from singer/songwriter John Clinebell.

Alba Action Sports will be

on hand giving away T-shirts and Red Bull will provide free samples.

Check out extreme sports displays such as paintball gear, dirt bikes and Gordon and Smith's surf and skate gear.

Activities include an airsoft display and photo opportunities.

Celebrate dad and everything he's done with a free party at the MCX Main Exchange.

For more information about the celebration, visit the Web site www.mccsmiramar.com or call 858-577-6569.

Did you know...

Brad Garrett has lent his voice to more than 40 movies and TV shows including *Night at the Museum* and animated feature *Finding Nemo*.

Catch Brad Garrett's 18 and older performance June 18 at 7 p.m. Doors to the Bob Hope Theater open at 6 p.m. for this free performance.

Montgomery G.I. Bill options for qualified service members

LANCE CPL. CHRISTOPHER O'QUIN
Combat Correspondent

After the battles of World War II, millions of men returning from the front lines would leave the service and seek jobs in the civilian world.

To help them make the transition into the civilian sector, the U.S. government established the G.I. Bill. In the 1980's the bill was revised to the Montgomery G.I. Bill which service members can use to help pay for college expenses during and after their time in service.

Marines can visit the Education Center and the Department of Veterans Affairs office at The Hub to prepare for college and obtain resources to help pay for college.

"We send G.I. Bill requests to a regional processing center meaning if a Marine wants to go to a college in New York, we'll send the request to the Eastern Region VA Regional Office in Buffalo N.Y.," said Edward Madriaga, the VA pre-separation program counselor at The Hub, here. "I offer guidance for Marines getting out of the service and help point them in the right direction in regards to their education."

Most Marines who have completed two years of active-duty service can use the G.I. Bill.

To start the payment process, Marines must fill out activation forms at www.gibill.va.gov.

After completing the forms, Marines can receive verification from the station education services officer or the VA representative.

"I need to sign off and verify for the Marine trying to go to college," said Gunnery Sgt. Scott A. Cavanagh, the station education services officer. "All active-duty Marines are eligible unless they specified in boot camp that they do not want to contribute money to it."

The G.I. Bill covers most post-high school education, from trade schools to post graduate. Full-time students rate an average \$1,101 each month, and \$1,251 with the

Marine Corps College Funds, also known as the "kicker."

Full-time students needing more money for college can use the "kicker" to add to their G.I. Bill. Marines can contribute money to the G.I. Bill through the Installation Personnel and Administrative Center aboard the station. The administrative clerks can submit a request to disbursing.

"If you pay \$600 in addition to the money initially contributed to the G.I. Bill you can basically receive an extra \$150 per month," said Alvin Abraham, an education specialist at the education center. "Marines can pay it all at once or pay it in allotments and it can pay for anything ranging from books to tuition to room and board."

Reserve Marines and sailors also qualify for the G.I. Bill if they enter into a six-year selected reserve obligation, with an additional six-years for officers. Other requirements include completion of initial training and MOS school, completion of high school and maintaining of selected reserve status. Marines serving in the Reserve Officer Training Corp must have served at least two years active duty to use the Bill. Reserve Marines who served two consecutive years on active duty also become eligible. Marines discharged under other than honorable conditions forfeit their G.I. Bill.

"The G.I. Bill always changes, usually for the better and it really helps Marines when they use it with scholarships and other forms of financial aid," said David Sutherland, the president of Student Veterans Organization at California State University Chico. "When Marines invest in the bill they invest a little money and reap benefits many times over when they use it."

For more information about bill benefits and guidelines, service members can contact the Education Center at 858-577-1801, or The Hub's Veterans Affairs pre-separation program counselor at 858-577-2141.



Miramar Marine takes aim, gets new badge

LANCE CPL. AUSTIN GOACHER
Combat Correspondent

A Marine with Headquarters and Headquarters Squadron here earned a new shooting badge – a bronze distinguished marksman's badge, or "leg medal" at the All-Navy Match earlier this year.

Cpl. Eric House, a barracks manager with the squadron, placed eighth in the pistol portion of the competition. The match was only his third shooting competition.

"I first started shooting the pistol about a year ago when I qualified with a high score on the range," said House. "Staff Sgt. Stigler, at the armory, mentioned we have a shooting team here and I decided to look into joining the team."

During his first competition with the team, he shot both the pistol and rifle.

"I really enjoy shooting the pistol more," said House. "With the rifle if you can get in a good shooting position you can shoot well, but with a pistol you have to let the weapon do the work for you. If you force it

you won't shoot well."

After his first competition, House decided to focus on the pistol course of fire, which follows the national match course consisting of 10 shots at the 50 yard line with a time limit of 10 minutes, a timed fire portion of

five shots in 20 seconds at the 25 yard line and a rapid fire section of five shots in 10 seconds, also at the 25 yard line.

During the Pacific Fleet Rifle and Pistol Championship, the MCAS Miramar team took first place in the pistol category,

House contributed to their success.

"We practiced two or three times per week before our last two tournaments," said House. "Each time we practice we shoot about 100 rounds."

Excellence in marksmanship



Cpl. Eric House, a barracks manager with Headquarters and Headquarters Squadron here, has contributed to the success of the MCAS Miramar shooting team, while earning both team and individual awards including the first place pistol team award in the 2008 Pacific Fleet Rifle and Pistol Championships. His excellence in marksmanship has also earned him a "leg medal" which replaces the traditional marksmanship badge.

seems to run in House's family.

"My grandfather was a competition shooter with the Army while he was still on active duty," said House. "I guess it's something that just comes naturally to me."

His accuracy doesn't stop with just the pistol though, while in boot camp House was his company high shooter with a score of 242 on the known distance course of fire with the M-16A2 service rifle.

"I've been shooting since I was 14," said the 22 year old. "My first time shooting was with a friend of mine when we went hunting on his farm, but I never noticed how accurate I was until I got to boot camp."

Upon earning his new medal, House distinguished himself from other Marines while in dress or service uniforms requiring the wear of a shooting badge. The badge he wears is gold and says "Distinguished."

"You don't see too many people who've earned one of these badges and I'm proud to be one of them," said House.

With June comes 'Great Outdoors Month'

LANCE CPL. MELISSA TUGWELL
Combat Correspondent

With June 20 marking the official start of summer, President George W. Bush proclaimed June as the 5th Annual Great Outdoors Month May 30. "I call on all Americans to observe this month with appropriate programs and activities, and to take time to visit and enjoy the great outdoors."

Great Outdoors Month provides an opportunity to honor those who keep the natural environments beautiful and celebrate some of our country's favorite outdoor pastimes, according to the president.

"These activities encourage a healthy lifestyle and give Americans pride in the great American landscape," said Bush. "As responsible stewards of our natural resources, we can help ensure that the great outdoors will be available for enjoyment by generations to come."

This year's celebration focuses on efforts to "unlock" the great outdoors for urban minorities and children, fight obesity through outdoor recreation on public lands, the Centennial Challenge and more, according to the Web site www.usa.gov.

The Centennial Challenge is part of an initiative to help prepare the National Park System for its 100th Anniversary in 2016.

The Centennial Challenge is a partnership between the Federal Government, all of the park partners and the people of America to realize the potential of the National Park System, according to the Web site www.nps.gov.

With more than 50 parks in the San Diego County, that leaves service members with plenty of choices.

Some parks near the air station include: Mission Trails Regional Park, Balboa Park, Torrey Pines State Reserve, and Marian Bear Memorial Park.



Lance Cpl. Melissa Tugwell

San Diego has a variety of outdoor activities to take part in during the summer including hiking, parasailing and enjoying one of the many local beaches including La Jolla Cove, pictured here. Remember, most beaches in San Diego do not allow alcohol and beachgoers will be fined if found in possession.

Other activities in conjunction with the month include National Trails Day, National Boating and Fishing Week and Great Outdoors Week.

Also in the county, fishing

opportunities include places such as: Lake Cuyamaca, Dixon Lake, Lower Otay Reservoir, Lake Jennings, Lake Miramar and Lake Morena.

While Marines go to enjoy out-

door activities, they can rent recreational equipment at the Outdoor Adventure Center located in Building 6673. For information on the Outdoor Adventure Center, contact them at 858-577-4150.

Pedaling toward fitness with Semper Fit



Cpl. Travis Easter

A cyclist tries to maintain her pace during a Semper Cycling class April 8, 2008 at the Marine Corps Community Services Miramar Sports Complex. Indoor cycling is quickly becoming a popular form of exercise due to the aerobic health benefits and time convenience it provides. It is a way to decrease the amount of impact on person's body, allowing them to perform aerobic exercises with a lower risk of injury. Many people attend cycling classes as an alternative to running.

CPL. TRAVIS V. EASTER
Combat Correspondent

Many forms of exercise offer great benefits for those who desire to live a healthier lifestyle. The most common forms of exercise include weight training, running, jumping rope and swimming.

Cycling can help people meet their physical fitness and health goals in a faster time period and offers the same benefits, according to physical trainers here.

The Marine Corps Community Services Miramar Sports Complex hosts Semper Cycling classes for those looking to find an alternative to "pounding the pavement" on an everyday basis.

Cycling has become popular among service members and civilians aboard MCAS Miramar due to the aerobic and health benefits, time conveniences, and the rhythm it provides.

"Cycling is the best aerobic

exercise someone can do in an hour," according to Nicole Gilchrest, a certified trainer at the complex. "The intervals used during the classes help people go from an aerobic to anaerobic state. It also helps people increase their aerobic threshold, which means they will be able to run faster and for longer durations."

Gale Stewart, a recreation assistant with the MCCA Miramar Sports Complex, agrees cycling is an excellent way of expending energy to burn many calories in a short amount of time.

"It really builds your endurance," Stewart said. "I didn't last 15 minutes during the first class I took."

Gilchrest stated people also attend Semper Cycling classes as a way to do something different and decrease the stress placed on their knees while running.

"Cycling allows someone to exercise without literally pounding

their knees day in and day out," Gilchrest added. "It is a low impact exercise that is available for people who may not be able to run."

Besides cycling, the music played during the class plays a tremendous role for participants. According to Glenn Saquilon, a cycling instructor at the complex, instructors use the music as a form of encouragement.

"I use the rhythm of the music to put my students in the mind frame for hills," said Saquilon. "Music can help someone think of what type of terrain they are on. The goal is to get a good workout and get students to a level where they feel comfortable."

Aside from the benefits a cycling class can provide, Stewart believes that the sense of accomplishment attained after finishing a class is the greatest benefit.

"If you put in the work and challenge yourself, you will always get a great workout," said Stewart.

Staff Sgt Carlos Cardoza, the catcher for MCAS Miramar varsity softball, swings for the fences during the game against Marine Corps Air Ground Combat Center Twentynine Palms, Calif., here Saturday. The team defeated MCAGCC Twentynine Palms 21-8, Marine Corps Base Camp Pendleton 16-6 and MCAS Yuma 14-3.



Miramar softball wins three, remains undefeated

LANCE CPL. FREDRICK J. COLEMAN
Combat Correspondent

Marine Corps Air Station Miramar's men's varsity softball team competed in three armed forces travel league games, here Saturday.

The team captured a Men's Military World Tournament title in 2005 and was ranked third in Southern California among all Slow-Pitch Men's-D teams in 2007, according to the United States Specialty Sports Association Web site, www.usssa.com.

"We are looking to continue our unbeaten travel season and get ready for the next world tournament," said Staff Sgt. Israel Stone, a center fielder on the team.

The team first squared off against the MCAS Yuma, Ariz., varsity team.

Miramar jumped to a 3-0 lead after the first inning with a

two-run home run from Gunnery Sgt. Chad Calvert, and an RBI-single from Stone. The team scored three more in the second with a home run from left fielder Lance Cpl. Brain Stringer.

Miramar continued their scoring with four runs in the second inning, two in the third and five in the fourth.

The Miramar offense was able to end the game in the fifth inning with a 14-3 victory over MCAS Yuma. The middle infielder, Calvert, finished the game 3-3 with two home runs and a single, and first baseman Chief Warrant Officer 4 Ron Flaherty went 3-3 with two doubles and a triple.

Shortly after their game against MCAS Yuma, the team took to the diamond against Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

MCAGCC Twentynine

Palms jumped to an early 3-0 lead against Miramar in the top of the first inning. However, Miramar's offense would battle back to take an 8-3 lead at the end of the first.

In the fourth inning, Miramar proved why they're one of the best teams in the country. The team went on a scoring rampage tallying 12 runs. Twentynine Palms' offense couldn't recover from a 13-point deficit and the game ended with Miramar on top 21-8.

For their final game of the weekend, the team played Marine Corps Base Camp Pendleton, Calif.

Miramar's offense consistently scored runs against the MCB Camp Pendleton defense to give them a 16-6 victory.

The team is scheduled to compete in a tournament in Poway, Calif., Saturday.

FRIDAY 13

- Mongolian BBQ
6 - 8:30 p.m.
Officers' Club
858-577-4808

SATURDAY 14

- Father's Day Expo
10 a.m. - 4 p.m.
Miramar Exchange
Giveaways, Prizes and more!

SUNDAY 15

- Protestant worship service
9 a.m.
- Protestant children's service
9:30 a.m.
- Roman Catholic Eucharist
11 a.m.

MONDAY 16

- Alcoholics Anonymous
12-step study group
6:30 p.m.
Counseling Center
858-577-6585
- Happy hour buffet
5-8 p.m.
Legends Sports Grill

TUESDAY 17

- QOL Golf
2 hours after twilight
free for Miramar active duty
858-577-4155
- Autograph signing with rapper Plies
12 - 1:30 p.m.
Miramar Exchange main store
- Happy hour buffet
5 - 8 p.m.
Legends Sports Grill

WEDNESDAY 18

- Free golf clinic
Active duty service members
11:30 a.m. - 1 p.m.
Golf Course 858-577-4155
- Career Resource Center "Interview Techniques"
1-3 p.m.
The Hub
858-577-6710
- Right hand man night
4-6 p.m.
Officers' Club
858-577-4808
- Sand Volleyball Tournament
Deadline
858-577-1202

THURSDAY 19

- Combat Fitness Test - Fireman's Carry 100 yds.
12-1 p.m.
Miramar Sports Complex
858-577-4129

- Inflatable paintball megarena open, 10 a.m. - 5 p.m.
lot east of the 50-meter pool, 619-228-4446

MCCS Free Prize Giveaways

Entertainment Ticket Office:
San Diego County Fair gift pack
Golf Pro Shop:
Round of golf for four with two carts
Stop in and fill out an entry form today!
Winner will be drawn June 30

- Now - July 6
Youth beginner tennis league
ages 8 - 17 - \$20/person, 25 spaces
858-577-6959

June 16 - 19 - TAMP/TAP regular transition class 7:15 a.m. - 4:30 p.m. The Hub 858-577-6710

June 17 - Aug. 29

Summer camp at the Youth Center
858-577-6959 to register

Weekly Events...

- Marine teen training - Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teens - M, T, W 858-577-6959
- Stroller circuit training - Tues. & Thurs. 858-577-9143
- Spouses' deployment support group - Fri. 858-437-7841

Don't Miss...

- Entertainment ticket expo - June 20
- Fish Pond - All-Terrain run - June 26
- 2nd annual Miramar Golf Open - July 1
- Military appreciation steak BBQ - July 17

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- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
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- ★ Dining & Clubs
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"Serving Those Who Serve"
www.mccsmiramar.com

Father's Day expo at the Miramar Exchange

The Miramar Exchange will host a Father's Day Expo Saturday, June 14 from 10 a.m. - 4 p.m. at the Miramar Exchange Promenade. The event will feature free prize drawings (\$3,000 worth of prize giveaways), interactive events, giveaways, sampling and entertainment for the whole family. Check out live entertainment from a professional skateboard demo team, Adam's Attic band, John Clinebell and the Metro Dancers.

Free USO comedy show featuring Brad Garrett

MCAS Miramar will host Brad Garrett of "Til Death" and "Everybody Loves Raymond" for a free comedy show. The show will be held Wednesday, June 18 at 7 p.m. at the Bob Hope Theater. Doors will open at 6 p.m. This show is open to Active-Duty military, retirees, reservists, DoD civilians, family members and their guests 18 years of age and older. No tickets are required and seating is first come first serve basis. Call 858-577-6365 for more information.

101 Days of Summer combat fitness challenge - Fireman's Carry

Join Semper Fit for the third of five combat fitness challenges. The third challenge is the Fireman's Carry 100 Yards and it will be held Thursday, June 19 from 12 - 1 p.m. at the Miramar Sports Complex. Registered units will receive points toward the spirit competition based on the number of unit personnel who sign in with a 101 Days of Summer representative at the challenge. Points will be awarded based on percentage of the unit in attendance, so the more people attending this function, the more points the unit gets toward the spirit competition. Call 858-577-4129 for more information.



ANNOUNCEMENTS



Christmas You Missed

June 25 will hold the 2nd annual Christmas You Missed hosted by the San Diego Armed Services YMCA. A festive re-creation of Christmas morning will be at the Murphy Canyon Youth Center in San Diego. More than 500 military families who had a loved one deployed for the holiday season will celebrate this event.

SAT Testing

The last SAT test will be held June 26. Study materials are

available at the station library and also at www.nko.navy.mil. Call 858-577-1801/1895 for more information.

Fish Pond Run

The 2nd Annual Fish Pond Run, which will take place June 26, is a 3.5 mile run and starts at Hangar 6. This run is not for strollers, children, walkers or weak ankles. Pless Avenue will be closed to vehicles from 11:30 a.m. to 12:30 p.m. Obregon Avenue will be the alternative route during this time.

Military Dream Wedding

A military dream wedding will be given away to a couple submitting an application on www.military-dreamwedding.com. Applicants must contain one active duty military member, be E-6 or below and have served in the Middle East. The wedding must occur in San Diego on January 25, 2009 and will be limited to 50 guests. Written entry submissions must be 100-750 words and the video essay must be between 2-5 minutes. Applications must be received no later than July 31



WHAT'S PLAYING...
AT THE BOB HOPE THEATER

Fri. June 13:

Baby Mama (PG-13) 6:30 p.m.
Forgetting Sarah Marshall (R) 9:00 p.m.

Sat. June 14:

Free advance screening - Get Smart (PG-13) 6:30 p.m.
The Forbidden Kingdom (PG-13) 9:00 p.m.

Sun. June 15:

*Prom Night (PG-13) 1:00 p.m.
*Forgetting Sarah Marshall (R) 6:30 p.m.

Wed. June 18:

Free live comedy show featuring Brad Garrett 7:00 p.m.

Thurs. June 19:

Free - College Road Trip (G) 2:00 p.m.
Iron Man (PG-13) 6:30 p.m.

* indicates last showing